



NorthStar Community Services

Meeting Agenda

Training Title: Sunset Meeting

Location: Sunset

Date: 11/19/2024

Time: 11 AM

Trainer (s): Brittney Keen / Robbi Martore

In Attendance:

Activity (Outline)	Discussion
Welcome: Introduction	
Weather Preparedness: Being prepared at home. Being prepared while in vehicles. <i>Handout</i>	They need more salt, HL will purchase
Individual Specific: <u>SMC</u> <u>CL</u> <u>KW</u> <u>SM</u> Possible Dlc end of this week -Positives of each person -Community outing/activities <i>Hard to get all to go</i> -Medical appointments -Behaviors -Upcoming	SMC - Doing great at Phase, have a sense of "meaning" mood has improved greatly and is very proud. CL - continues to take care of her cat. Declines going to work a lot of the days HL reaching out to parents KW - stays busy with his groups. Concerns about gluten free, thinks it's all his. Still working on behaviors but is getting better, needs help w/ time management and cleanliness.
Star Services Training: Assigned Training New Policy <i>Handout</i>	* All Star Services is complete

<p>House Specific: Daily Task Lists Community Outings Activities within the home (Plan) Progress Notes Schedules / Covering Shifts House repair needs</p>	<p>maint. aware of flooring coming up Daily task lists are not being completed by all staff</p>
<p>Call in policy: Who to call (verbally speak to someone) Self-replacement</p>	<p>- must talk to someone cannot text</p>
<p>Office: File Acknowledgements Need additional training on?</p>	<p>Amanda - check if she has read</p>
	<p>Amanda willing to swap Sam's Thurs. Shift</p>

Next Meeting: _____

Winter Weather Preparedness

Prepare for winter storms by planning ahead, getting supplies, and getting your home and car ready.

Listen to weather forecasts regularly.

Stay off the roads if at all possible. Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Prepare at home:

Ensure that the home has enough non-perishable food for at least 48 hours. This can include dry goods, canned food, granola bars, etc.

Get a case of bottled water for the home.

Ensure the first aid kit is together, flashlights work, and the emergency radio is working.

Have extra batteries for radios and flashlights.

Prepare your car:

Items to stay warm such as extra hats, coats, mittens and blankets.

Windshield scraper, shovel, flashlights, batteries, first aid kit, emergency radio.

Have water and non-perishable snack food.

Know your winter weather terms:

Winter Storm Warning	Winter Storm Watch	Winter Weather Advisory
Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12-24 hours before the event is expected to begin.	Alerts the public to the possibility of a blizzard. Heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12-48 hours before the beginning of a Winter Storm.	Issues for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Learn the signs of, and basic treatments for, frostbite and hypothermia.

Frostbite: Causes the loss of feeling and color around the face, fingers and toes.	Hypothermia: Is an unusually low body temperature. A temperature below 95 degrees is an emergency.
Signs: Numbness, white or grayish-yellow skin, firm or waxy skin. Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad. Seek medical attention as needed.	Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness. Actions: Go to a warm room. Warm the center of the body first – chest, neck, head and groin. Keep dry and wrapped in warm blankets, including the head and neck. Seek medical attention as needed.